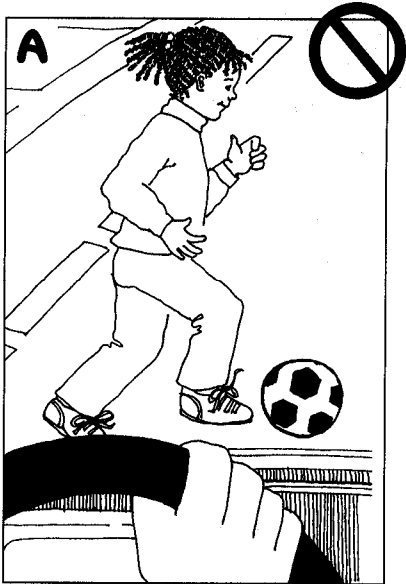
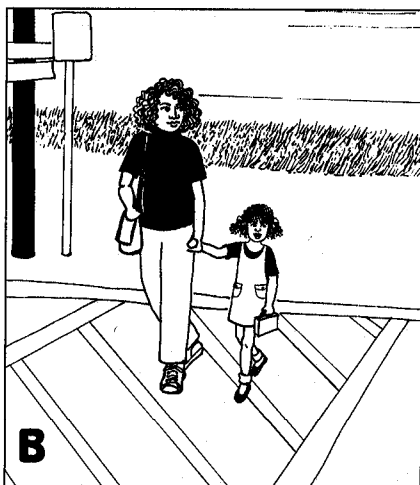


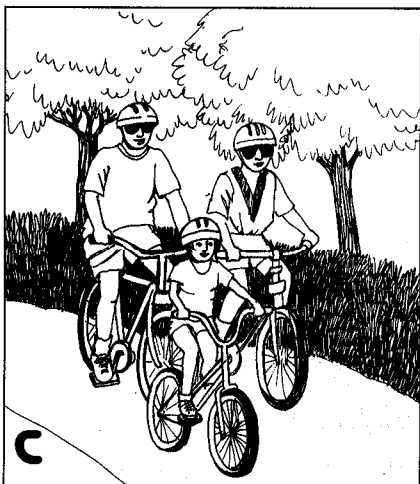
Tip #11



Many children are hit by cars when running into the street.



Help your child practice crossing streets safely.



Set a good example. Ride with your child and wear your helmet!

kids on the move: walking and biking safely (kindergarten to grade three)

Learning to be traffic smart

Children in kindergarten through third grade are learning to become independent. They enjoy walking, riding bikes, and playing outside. They don't have the judgment to cope with traffic by themselves yet, but they can begin to understand safety rules.

What parents need to know: *the bottom line*

- Parents often think their children are able to handle traffic safely by themselves before they actually are ready.
- Children don't have the skills to handle these risky situations until at least age ten.
- Boys are much more likely than girls to be injured or killed in traffic.
- Bicycles are vehicles. Children should not ride bikes in the road until they fully understand traffic rules and show they can follow them.

Young children are NOT small adults!

1. They often act before thinking and may not do what parents or drivers expect.
2. They assume that if they see the driver, the driver sees them.
3. They can't judge speed and they think cars can stop instantly.
4. They are shorter than adults and can't see over cars, bushes, and other objects.

Walking Risks

Nearly one third of the five- to nine-year-old children killed by motor vehicles are on foot. They are hit by cars most often when playing near home. They tend to run into the street in the middle of the block, where drivers don't expect them (A).

Bicycling Risks

Children can be hurt riding on or off the road. Many children who are killed in bike crashes are 7 to 12 years old. The most serious injuries children get while biking are head and brain injuries. Head injuries can cause death or lifelong disability.

Take steps to safety

Set limits for your child

As your children grow, set appropriate limits on where they can walk or bike safely. Don't expect them to be responsible or to start to behave safely until age ten.

Find safe places for riding and walking

Find places away from streets, driveways, and parking lots. Good choices are fenced yards, parks, or playgrounds.

Teach safe walking habits

Begin to teach your child about how to cross streets safely (see next page). Give them plenty of chances to practice when you are with them (B).

Set an example yourself

Young children learn by watching their parents and other adults. Cross streets properly and always wear a helmet when you ride a bike (C). When you are driving, obey speed limits and watch for children.